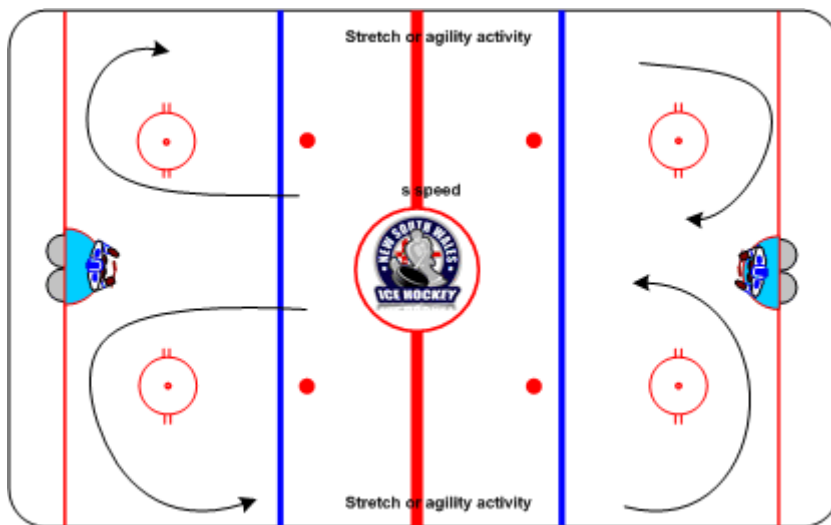




Figure '8' Skate

Duration: 5 mins

- On each length of the ice, players should alternate sides
- © to dictate a variety of stretching and agility activities
- Conclude with skating sprints and backward skating always executed in the board lanes



Execution Tips

- © to dictate variety of activities